1:Stanford U. S-4, 5 1956 AF12 North China
~~AF12~~ AF 12

434 catties (60.5 lbs.) of flour; (2) persons performing heavy physical work, 45 catties (49.5 lbs.); (3) ordinary workers, 35 catties (38.5 lbs.); (4) office clerks, teachers, and shop assistants, 31 catties (34.1 lbs.); (5) college and secondary school students, 35 catties (38.5 lbs.); and (6) residents in general, 26.5 catties (29.2 lbs.). Children under ten are classified according to age.[50]

434 In order to determine whether the
• 146 rations of wheat flour given above are adequate for minimum requirements, it is necessary to appraise the calorie content of each ration. It is estimated that one kilogram (2.2 lbs) of 4th grade wheat is equivalent to 3,430 calories.[51] Table 8, which follows, gives the daily calorie equivalents of wheat flour as rationed to the six groups listed above and offers, for purposes of comparison, the number of calories normally required by each group.

---

50. New China News Agency release, Peking, Aug. 25, 1955.

51. Shih-wu Cheng-fen Piao [Tables of Composition of Foods], Shanghai, Chung-yang Wei-sheng Yen-chiu-yüan [The Central Health Research Institute], 1952, p. 5.

1:Stanford U, S-4, 5 1956 AF12 North China
AF12

434
146

Table 8. Wheat Flour Rations in North China*

Class of Workers	Quanity Rationed			Normal Calorie-equivalents Per Day (II)	Percentage of Deficiency $\left(\frac{II-I}{I}\right)$ #
	Catties per Month	Pounds per Month	Calorie-equivalents per Day (I)		
Extra Hard Workers	55	60.5	3,110	4,800	55
Hard Workers	45	49.5	2,640	4,000	51
Ordinary Workers	35	38.5	2,000	3,200	60
Office Clerks	31	34.1	1,770	2,800	58
College or High School Students	35	38.5	2,000	3,200	60
Ordinary Residents and Children above 10 years of Age	26.5	29.2	1,520	2,400	58

AF 12

1:Stanford U. S-4, 5 1956 AF12 North China
~~AF12~~ AF 12

434
146

* Tables of Composition of Foods, Shanghai, The Central Health Research Institute, p. 5. T. H. Shen, Agricultural Resources of China, New York, 1951, p. 169.

Wheat flour is the primary source of calories in the diet of the population of North China. Although some part of the deficiency may be made up by other foods consumed, the normal ration of other foods would not furnish 50-70 per cent of the daily calorie requirement.

1;Stanford U. S-4, 5 1956 AF12 North China
~~AF12~~ AF 12

434 Table 8 illustrates that the amounts of
446 wheat flour rationed to various classes of workers are below normal dietary requirements as measured in terms of calories. Moreover, the people often cannot afford to buy their full ration at the prices fixed by the Communists, nor is there always an adequate amount of wheat flour on the market to provide even these minimum requirements.

XIV. COMMODITY FAIRS

543 In order to stimulate trade and facilitate the interflow of commodities between urban and rural areas, the Chinese Communists have held a series of "native products fairs" in some large cities in North China. Comparatively complete data on fairs held in the North China Region during 1952 are tabulated below.

2:Gamble S-5(1926-1933)1954 AF12 North China AF 12

The average food expenditure of $2.40 per month per person, $3.00 per month per adult male equivalent, and $3.30 per month per cost consumption unit gives a very definite picture of the food expenditure of these families. Buck's figure for the food expenditure of families in Hopei province was $22.94 per adult male equivalent per year.[10] This was 35 per cent below our figure but was based on figures secured some six years earlier.

In Peking the food expenditure of the families with incomes of from $15 to $25 a month was $2.55 per capita and $3.60 per cost consumption unit per month.[11]

The amounts of food per adult male equivalent used by the average family in the different income groups naturally show the same similarity as the expenditure figures. The small amounts of condiments, meat, and fruit are especially noticeable. Five pounds of meat and three and a half pounds of fruit per person per year means that those were very minor items in the general diet. (See Figure 17 and Table 40.)

The average amount of food per person per year was 1,030 catties. Per day this was 2.8 catties, or 3.8 pounds. For the average adult male equivalent the amount was 3.75 catties, 5.0 pounds per day. For the individual families the amount per person per year ranged from 780 to 1,485 catties or from 2.9 to 5.4 pounds per day.

The average daily diet of a member of these families was 17 pound ounces of grain and flour, 25 ounces of sweet potatoes, 19 ounces of vegetables, and 0.8 of an ounce of other foods. By weight the diet was 40 per cent sweet potatoes, 31 per cent vegetables, 28 per cent grains, one per cent condiments, meat, fruit, and miscellaneous.

The large amounts of millet and sweet potatoes are the outstanding items in the food list. Other areas report using sweet potatoes, but not in anywhere near the same amount. Other areas also report using more kaoliang or wheat than millet.

The 34 families reported an average sweet potato consumption of 430 catties per person per year. We have been interested to note that the farm production estimates for the hsien gave a total for sweet potatoes that was equivalent to 465 catties per person if the hsien population is taken as 408,000 persons. The 400 families estimated that all but 2 per cent of the sweet potato crop was consumed on the farm. This

10. J. Lossing Buck, *Chinese Farm Economy* (University of Chicago Press, 1930).
11. Gamble, *op. cit.*

146
511

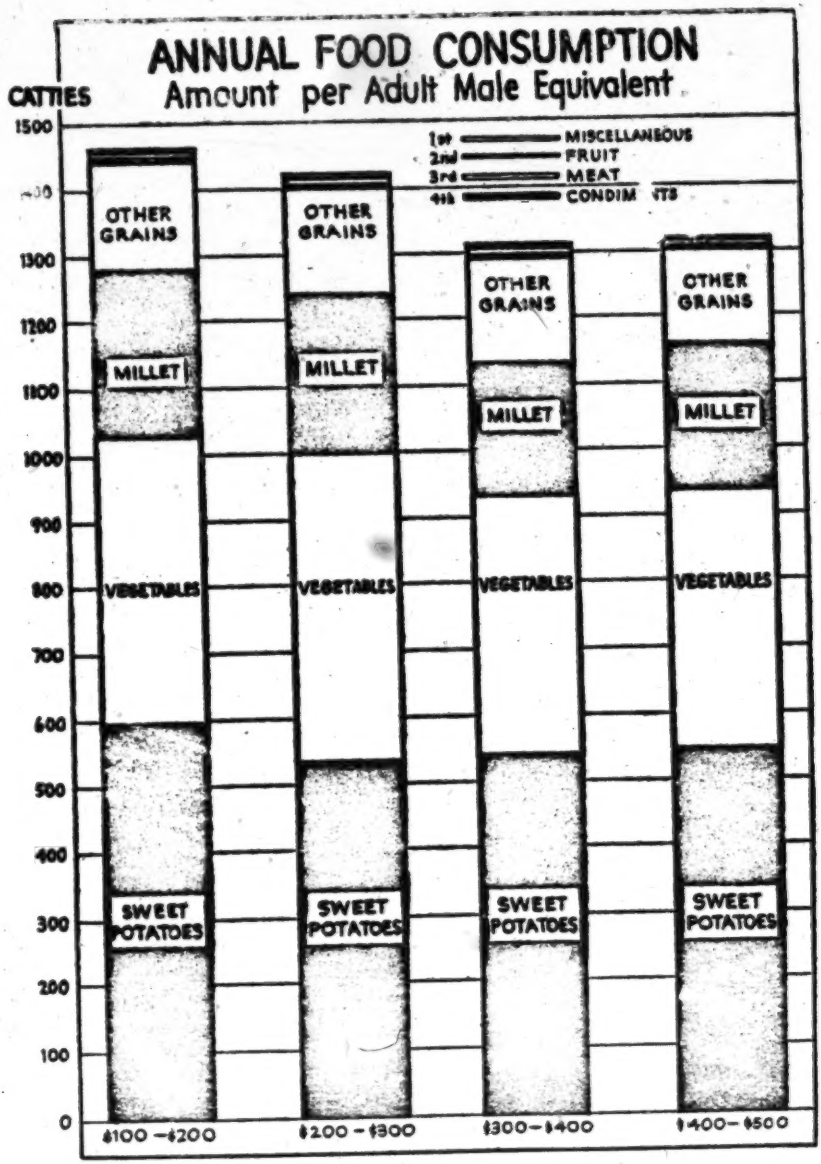

FIGURE 17. BUDGET FAMILIES: FOOD CONSUMPTION PER ADULT MALE EQUIVALENT

[p. 112]

2: Gamble S-5 (1926-1933) 1954 : AF12 North China AF12

141
565

TABLE 40. AVERAGE AMOUNT OF FOOD USED PER YEAR[1]

Catties per Family

Income Group	*Millet*	*Other Grain*	*Sweet Potatoes*	*Vege-tables*	*Condi-ments*	*Meat*	*Fruit*	*Misc.*	*Total*
$100–200	665	465	1,685	1,250	34	13	19	3	4,134
200–300	1,030	705	2,380	2,090	52	23	8	6	6,294
300–400	1,165	765	2,880	2,130	54	27	20	3	7,044
400–500	1,525	980	4,090	2,900	72	25	12	2	9,606
Average	1,050	700	2,580	1,970	50	22	15	4	6,391

Catties per Adult Male Equivalent

$100–200	238	166	600	446	12.1	4.6	6.8	1.1	1,474.6
200–300	230	158	530	465	10.5	5.1	1.8	1.3	1,401.7
300–400	220	144	543	400	10.2	5.1	3.8	0.6	1,328.7
400–500	206	132	555	390	9.7	3.4	1.6	0.3	1,298.0
Average	224	149	550	420	10.6	4.7	3.2	0.9	1,362.4

[1] Adjusted for difference between lunar and solar years.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

NUTRIENTS OF FOOD

Every article of food contains many elements that are essential to the human organism and in a scientific study of the Peking diet, it seems that all elements, such as minerals, nutrients and vitamines, should be analysed and determined. However, we shall confine ourselves only to a study of three nutrients and fuel value of the foods consumed by the members of the forty-eight families, while a thoroughgoing analysis of them must be left to more competent hands. 146●

In considering the values of foods, one should, of course, guard against being led into the errorneous belief that the amount of food consumed actually represents its nutrients absorbed into the bodily system. It often happens that one person taking a smaller amount of nuritious food may be able to digest aud assimilate it, whilst another taking a larger quantity of the same food may suffer from serious indigestion, due, no doubt, to his poor digestive organs. Thus, digestion and absorption are of primary importance to a person and the quantity of food consumed does not always act as a reliable index showing the amount of nutrients taken. Be that as it may, the analysis of the nutrients and calories contained in the foods consumed by the persons of the forty-eight families in the six months has proven so interesting that a few remarks concerning them may not be out of place.

A complete table of the total quantity of food consumed by the families in terms of nutrients and calories is published as Appendix III of this book, to which readers may refer, but in Table 16 is presented the average consumption of food per equivalent adult per day according to its nutrient constituents and fuel value.

The average food expenditure per equivalent adult per day is $.0995, that is, approximately ten cents. As the Peking labourer takes two meals a day, each meal would cost five cents. Of the amount of ten cents, 80 per cent went to pay for cereals, which yield 88.3 per cent of protein, 66.7 per cent of fat, and 96.9 per cent of carbohydrates: or 92.8 per cent of fuel value.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

146

Table 16.—Average Food Consumption Per Equivalent Adult Per Day in 48 Working Families

Class of Food	Average expenditure	Average quantity				Average fuel value (calories)
		Total (grams)	Protein (grams)	Fats (grams)	Carbohydrates (grams)	
Cereals:	$ .0795	666.39	66.99	19.74	489.76	2,407.72
Wheat [1] ...	*.0195*	*136.28*	*16.65*	*2.03*	*97.82*	*476.49*
Rice [2]	*.0060*	*36.10*	*3.19*	*.11*	*29.08*	*131.43*
Corn [3]	*.0227*	*138.36*	*21.47*	*9.91*	*173.16*	*869.73*
Millet [4] ...	*.0236*	*195.07*	*18.84*	*6.43*	*146.49*	*718.63*
Others ...	*.0076*	*60.59*	*6.83*	*1.26*	*43.20*	*211.43*
Vegetables ...	.0090	247.42	4.76	.57	12.18	73.15
Condiments ...	.0067	29.21	1.47	6.50	1.29	69.68
Meats	.0032	7.23	1.29	2.01	.01	23.96
Refreshments:	.0010	48.51	1.37	.79	2.03	20.63
Fruits ...	*.0002*	*1.11*	*.01*	(5)	*.14*	*.61*
Others ...	*.0009*	*47.40*	*1.36*	*.79*	*1.90*	*20.02*
All Classes ...	.0995	998.76	75.88	29.61	505.27	2,595.14
		PER CENT.				
Cereals:	80.0	66.7	88.3	66.7	96.9	92.8
Wheat [1] ...	*19.6*	*13.6*	*21.9*	*6.9*	*19.4*	*18.4*
Rice [2]	*6.1*	*3.6*	*4.2*	*.4*	*5.8*	*5.1*
Corn [3] ...	*22.8*	*23.9*	*24.3*	*33.5*	*34.3*	*33.5*
Millet [4] ...	*23.7*	*19.5*	*24.8*	*21.7*	*29.0*	*27.7*
Others ...	*7.7*	*6.1*	*9.0*	*4.3*	*8.5*	*8.1*
Vegetables ...	9.1	24.8	6.3	1.9	2.4	2.8
Condiments ...	6.7	2.9	1.9	22.0	.3	2.7
Meats	3.2	.7	1.7	6.8	(6)	.9
Refreshments:	1.0	4.9	1.8	2.7	.4	.8
Fruits ...	*.2*	*.1*	(6)	(6)	(6)	(6)
Others ...	*.9*	*4.7*	*1.8*	*2.6*	*.4*	*.8*
All Classes: ...	100.0	100.0	100.0	100.0	100.0	100.0

[1] Including all varieties of wheat flour and their products.
[2] Including all varieties of rice.
[3] Including corn flour, coarse and refined, and its products.
[4] Including millet flour and millet.
[5] Less than 0.005 gram.
[6] Less than 0.05 pre cent.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

146

While both the vegetables and condiments supply practically the same number of calories, the latter, however, contain much more fats, viz. 22 per cent. Compared with the three kinds of foods just mentioned, the quantity of meats and refreshments consumed is insignificant in both nutritive and calorific value. The average fuel value transformed from the food consumed per equivalent adult per day is 2,595.14 calories. To be more precise, the equivalent adults in the various families according to calories per day are distributed in the following manner:

Calories	Equivalent Adults	Number of Families
1800-1999	3.96	1
2000-2199	12.58	4
2200-2399	16.89	6
2400-2599	30.00	9
2600-2799	35.09	14
2800-2999	19.61	8
3000-3199	8.79	4
3200-3399	4.85	2
All groups	131.77	48

The average daily diet per equivalent adult contains the following nutrients: Protein, 75.88 grams; fats, 29.61 grams; carbohydrates, 505.27 grams.

The distinctive features of the consumption of the Peking working people from the standpoint of nutrition are:

(1) that they take more carbohydrates than the standard diet allows,

(2) that proteins and, in a greater degree, fats are below the standards set by some authorities on food nutrition,

(3) that the small amount of proteins is chiefly derived from cereals and

(4) that the fuel value yielded by the foods consumed per equivalent adult per day is on the average much lower than the now universally recognized standard of calories which is 3,000. Compared with the daily dietary planned by the Bureau of Hygiene of the Japanese Government for Japanese at moderate

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

146 work,[1] which is 96 grams of protein, 20 grams of fats and 405 grams of carbohydrates, it is clear that the nutrients contained in the Peking diet are more than sufficient, save in proteins. According to some authorities on nutrition, however, the proportion of protein in daily dietaries is still higher. Voit, for instance, fixed the standard for a man at moderate work at 118 grams, while Atwater held it to be 112 for a person having light muscular work. At any rate, the protein requirement, it is maintained, should be above 100 grams, whereas the Peking daily dietary contained 76, that is, only 64 per cent of the standard set by Voit. The low proportion of protein contained in the Peking food is obviously due to the fact that important proteid foods, such as meat, eggs, milk and cheese, if not entirely absent in the menu, are of necessity sparingly consumed. The consumption of meat in the forty-eight families per capita per day amounted only to 6.34 grams. This extraordinarily low figure, it may be observed, represents but 2 per cent of that for the average Australian who is said to consume 306 grams of meat per day.

Now this peculiar feature of the Chinese diet, namely, the low percentage of proteins, of which that of the Peking labourer is an example, has often been commented upon by chemists.[2] It was viewed with alarm because of its deplorable effect upon the vigour and strength of our racial stock. Furthermore, it was pointed out that as the proteins contained in the Chinese diet are mainly derived from food stuffs of a plant origin, such as cereals and legumes, their coefficient of digestibility is necessarily low, and consequently they are of much lower biological value than those from milk, eggs and meat. While it is undoubtedly true that proteins contained in the Peking diet represents only a little more than three-fifths of the standard, yet it should be remembered that there are other authorities who would be prepared to say that they are quite adequate. For instance, Prof. Chittenden[3] main-

[1] Morimoto, Op. cit., p. 22.
[2] See, for instance, the instructive article on Chinese Diet by Dr. Hsien Wu, *The Chinese Social and Political Science Review* Vol. XI, No. 1 pp. 62 et seq.
[3] Chittenden, *Physiological Economy of Nutrition* 1905 p. 475.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

146

tained that one half of the 118 grams of proteid food is quite sufficient to meet all the real physiological needs of the body and Prof. Sherman,[1] after reviewing various opinions regarding the value of protein diet, has also remarked that "if the average daily food requirement of a man at rest be taken as 2,000 calories including 50 grams of protein, the same man at work may require 3,000 or 4,000 calories, while his actual requirement for protein will not be appreciably increased," and concluded that 75 grams of protein would be all that is needed in a diet for an average man. Apparently between those who advocate the necessity of a more than liberal proportion of proteins in the daily diet and those who hold that "any excess of protein over that which the body actually needs is likely to be directly injurious and at best puts an unnecessary and useless strain upon the liver and kidneys," the views are divided, yet in the light of the latter, the protein contained in the Peking diet seems to be ample enough, and apart from the question of its digestibility, it should not be a serious problem in the Chinese diet.

In this connection, it may be of interest to describe the diet of the boatmen in whose company the present writer had the pleasure of travelling from Jehol to Lanchow for four days in a summer month in 1916. These boatmen were all of a hardy and robust type, excellent specimens of northern Chinese, and the pictures which were taken of them in their naked state might easily pass for those of Greek statues, if only their facial features did not betray their origin. They rowed and dragged the boat from sunrise to sunset every day and in the long day's voyage, they made only three halts to prepare their simple meals and consume them. Now the surprising thing to find is that their meals consisted nothing but from 1,400 to 1,700 grams of millet per capita per diem with some salted pickles for each meal to serve as relish. The quantity of millet they consumed each day would yield from 5,000 to 6,000 calories including 140 to 160 grams of protein to each person. And it seems safe to maintain that these boatmen who subsisted on such a simple and inexpensive diet day after day

[1] Sherman, *Chemistry of Food and Nutrition*, 1927, pp. 538 et seq.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

146 had not only kept themselves fit for the strenuous work which happened to be their lot to do but apparently flourished and enjoyed the best of health.

After this digression, one cannot help suspecting that the Chinese diet which has been determined during the long ages through the adaptation of the race to its environment and on which have subsisted and survived generations of our people, may after all not be so painfully inadequate as some would suggest. That great masses of the Chinese have been and at present are still under-nourished nobody could gainsay, yet it seems that, on the whole, the simple vegetarian diet would be sufficient to meet the bodily requirement of the Chinese. In fact, it is the economic aspect of the food problem that we should pay more attention to. Considering the poverty and the low purchasing power of the Chinese, it would be rash to advocate the use of meat and milk in our diet, of which the latter, even the Chinese of the middle class would consider as a luxury. Prof. Chittenden has well pointed out the economic aspect of the problem upon which we have stressed and his words are well worth quoting at length:

> "It is certainly just as plausible to assume that increase in the consumption of protein food follows in the footsteps of commercial and other forms of prosperity, as to argue that prosperity or mental and physical development are the result of an increased intake of protein food. Protein foods are usually costly and the ability of a community to indulge freely in this form of dietitic luxury depends in large measure upon its commercial prosperity."[1]

It can certainly be maintained that the richness and variety of the daily fare which the modern European or American is privileged to enjoy at present is only a very recent thing—a product of the economic and social changes of the last two centuries. Discoveries of new territories, changes in the technique of production and industrial organization, application of science to agriculture and animal husbandry, development of a world-wide transport system, economic domination of the aggressive races over the

[1] Chittenden, *The Nutrition of Man* 1907 p. 160.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

peoples of the weak and industrially undeveloped countries, all these combined have made the whole globe the granary and larder of the Westerner with the result that his standard of living has been enormously raised. The mediaeval peasants, the ancestors of the modern Europeans, had in fact to partake very poor foods. Hans Beham[1] wrote at the end of the fifteenth century of the German peasant thus: "They feed on brown bread, oatmeal porridge or boiled peas; they drink water or whey; they are clad in linen coats with boots of untanned leather and a dyed cap." Gower,[2] feeling scandalized by the high wages English labourers received after the Black Death, described the labourers of the olden times as "not wont to eat wheaten bread; their bread was of either corn or beans, and their drink was of spring. Then, cheese and milk were a feast to them; rarely had they other feast than this." Yet even under normal circumstances, the English mediaeval villager, in spite of the scarcity of labour after the Black Death, must be content with a poor fare, for "chickens, geese and pork or bacon are beyond him;" he "has two green (fresh) cheeses, a few curds, and cream, and a cake of oats, and bread for my bairn of beans and of peases," "with leeks, onions, parsley and cherries."[3] Thus it appears that the Chinese diet of today is but that of the European peasant of yesterday. Material poverty which the Chinese is now doomed to suffer is due to the fact that while the swift currents of modern scientific and industrial progress are buoyantly and triumphantly rolling along, leading all the peoples within their sphere to enjoy prosperity and happiness, he is stranded on a barren shore and left there in a sad plight. To improve his present lot, he has but to make an endeavour to share the heritage of the modern material civilization which of all peoples the occidentals must be credited to have contributed the greatest share in building up to benefit mankind.

---

[1] Quoted by Coulton, *The Mediaeval Village*, Cambridge 1925. p. 23.
[2] Coulton, Op. cit., pp. 235-7.
[3] Coulton, Op. cit., p. 315 Cf. also, for instance. Renard and Weuleurse, *Life and Work in Modern Europe*. p. 117. It is said that in Germany, as late as about half a century ago, even professors had to be contented with two meals with meat every week.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

875
146

Table 30.—Average Food Consumption Per Equivalent Adult Per Day in 12 Teachers' Families.

Class of Food	Average expenditure	Average quantity				Average fuel value (calories)
		Total (grams)	Protein (grams)	Fats (grams)	Carbohydrates (grams)	
Cereals:	$ .092	621.78	62.82	12.55	460.18	2,204.40
Wheat [1] ...	*.038*	*224.36*	*24.94*	*3.85*	*157.71*	*765.70*
Rice [2]	*.033*	*189.00*	*18.02*	*.46*	*150.57*	*678.52*
Corn [3]	*.011*	*130 75*	*11.77*	*5.62*	*94.80*	*477.25*
Millet [4] ...	*.008*	*68.11*	*6.58*	*2.24*	*51.15*	*250.91*
Others ...	*.001*	*9.56*	*1.52*	*.43*	*5.96*	*32.01*
Vegetables ...	.017	466.92	9.19	1.27	17.60	119.93
Condiments ...	.015	60.86	3.01	15.06	3.64	167.82
Meats	.018	40.14	6.36	13.26	.04	149.18
Refreshments:	.009	66.83	2.95	4.50	11.99	101.10
Fruits ...	*.003*	*18.26*	*.13*	*.05*	*2.44*	*10.80*
Others ...	*.006*	*48.57*	*2.81*	*4.45*	*9.55*	*90.30*
All Classes ...	151	1,256.54	84.34	47.24	493.46	2,742.43
		PER CENT.				
Cereals:	61.2	49.5	74.5	26.6	93.3	80.4
Wheat [1] ...	*25.2*	*17.9*	*29.6*	*8.2*	*32.0*	*27.9*
Rice [2]	*22.2*	*15.0*	*21.4*	*.8*	*30.5*	*24.7*
Corn [3]	*7.5*	*10.4*	*14.0*	*11.9*	*19.2*	*17.4*
Millet [4] ...	*5.5*	*5.4*	*7.8*	*4.7*	*10.4*	*9.1*
Others ...	*.8*	*.8*	*1.8*	*.9*	*1.2*	*1.2*
Vegetables ...	11.1	37.2	10.9	2.7	3.6	4.4
Condiments ...	9.9	4.8	3.6	33.1	.7	6.1
Meats	11.9	3.2	7.5	28.1	(5)	5.4
Refreshments:	6.0	5.3	3.5	9.5	2.4	3.7
Fruits ...	*1.9*	*1.5*	*.2*	*.1*	*.5*	*.4*
Others ...	*4.1*	*3.9*	*3.3*	*9.4*	*1.9*	*3.3*
All Classes ...	100.0	100.0	100.0	100.0	100.0	100.0

[1] Including all varieties of wheat flour and their products.
[2] Including all varieties of rice.
[3] Including corn flour.
[4] Including millet flour and millet
[5] Less than 0.05 per cent.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

17 kinds for the workers. Comparatively speaking, it seems that the teachers enjoyed a greater variety of "subsidiary food" taken as side dishes. Secondly, in contrast with the workers who took millet flour and corn flour as their principal cereals, the teachers mainly subsisted on wheat flour and rice, both of which are not only much more refined and easily digestible but yield more proteids to the consumer. Thirdly, the teachers' diet contained an appreciably greater quantity of meat and fish. Reduced to the average quantity of consumption per equivalent adult per day, the teacher consumed 40.14 grams of articles of the meat group as against 7.23 grams consumed by the worker.

What may be considered as the most striking feature of the teachers' diet as contrasted with that of the worker is undoubtedly that it has improved in quality as well as in quantity. As shown in Table 30 the average amount of food consumption of the teacher per equivalent adult per day was 1,256 grams as against the worker's 998 grams. The distribution of the food expenses of both the teacher and the worker among the various classes of food may be shown in percentages like the following:

	Cereals	Vegetables	Condiments	Meats	Refreshments	Total
	Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*
The teacher ...	61.2	11.1	8.9	11.9	6.0	100
The worker ...	80.0	9.1	6.7	3.2	1.0	100

That the teachers' diet is much improved is abundantly shown in the nutrients and calories it may yield. The 1,256 grams of food might be transformed into 84.34 grams of protein, 47.24 grams of fats and 493.46 grams of carbohoydrates. Their fuel value amounted to 2,742 calories. Compared with the workers' diet, these showed some increase in proteins and fats, and a slight decrease in carbohydrates; while in calories there was a gain of 147.

One fact worthy of attention is that the consumption of pungent and odoriferous articles showed no abatement among the

APPENDIX III.

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
ALL CLASSES	48	23,820,886	1,809,790	706,152	12,050,913	61,895,025
Cereals etc. (米麵類)	48	15,893,623	1,597,623	470,797	11,680,942	57,424,997
Rice (白米)	47	443,419	42,568	887	352,961	1,590,100
Rice, broken (碎白米)	45	390,538	30,853	1,562	319,851	1,448,897
Millet (小米)	48	1,027,785	99,284	33,814	771,867	3,786,361
Rice, yellow (黃米)	3	8,515	823	80	6,548	30,212
Kaoliang (高粱)	37	288,925	39,005	10,546	203,692	1,065,554
Kaoliang and beans mixed (高粱豌豆)	1	1,632	429	171	783	6,398
Beans, small (小豆)...	3	6,343	1,161	84	4,002	21,394
Beans, yellow (黃豆)	4	1,362	534	237	346	5,654
Beans, green (綠豆)	1	51	11	1	33	181
Beans, light green (青豆)	2	473	157	85	131	1,911
Beans, red (紅豇豆)	24	9,613	2,172	206	5,614	33,019
Grains, mixed (雜豆米)	9	16,546	2,498	496	11,218	59,302
Corn flour (玉米麵)	48	5,345,232	481,071	229,845	3,875,293	19,510,098
Corn flour, coarse (玉米渣)	48	334,078	30,735	6,347	251,895	1,219,385
Millet flour (小米麵)	48	3,624,663	350,142	119,614	2,722,122	13,353,258
Wheat flour, machine milled (機器白麵)	10	162,115	18,481	1,621	121,262	573,885
Wheat flour, hand milled (伏地白麵)	48	2,261,527	274,776	30,531	1,644,130	7,960,576

146

146

APPENDIX III.—*(Continued)*

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Wheat flour, coarse (混麪)	13	42,570	5,172	575	30,949	149,847
Wheat flour, with bran (黑麪) ...	25	714,193	92,131	12,141	504,220	2,492,534
Buckwheat flour (蕎麥麪)	47	947,378	82,422	15,158	721,902	3,353,719
Wild oats flour (莜麥麪)	2	10,586	1,292	455	6,129	33,770
Green been flour (綠豆麪)	12	19,850	4,429	218	12,883	71,103
Yellow rice flour (黃米麪)	8	18,454	1,785	173	14,191	65,476
Yellow bean flour (黃豆麪)	1	124	49	22	31	514
Noodle, bean (粉麪)...	39	142,146	28,714	2,274	63,682	390,192
Noodle, fresh (切麪)	6	3,940	319	26	2,220	10,377
Noodle, dried (掛麪)	8	1,705	191	2	1,181	5,691
Bread, steamed (饅頭)	9	8,543	675	60	4,443	21,017
Cakes, wheaten (烙餅)	4	2,195	167	36	1,093	5,369
Cakes, wheaten, with sesamum (燒餅)	40	53,443	5,237	3,367	23,515	145,366
Bread, corn flour (玉米麪餅)	5	5,679	341	162	2,754	13,839
Vegetables etc. (菜蔬類)	48	5,901,075	113,555	13,489	290,535	1,744,609
Chinese cabbage (白菜)...	48	3,095,822	37,459	1,857	58,821	411,744
Sauerkraut (酸菜)	42	165,480	2,813	827	6,288	46,334
Turnips, salted (腌蘿蔔)	48	230,984	9,701	92	—	39,729
Ke-te, salted (腌水咯嗤)	46	122,240	2,689	86	—	11,527
Leaves of *ke-te*, salted (腌咯嗤櫻)	40	83,176	1,913	91	—	8,401

APPENDIX III.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Chinese cabbage, salted (腌白菜)...	10	2,882	35	2	55	383
Egg-plant, salted (腌茄子)	6	844	10	3	42	245
Peppers, green, salted[2] (腌辣椒) ...	7	405	—	—	—	—
Vegetables, salted (酱菜)	7	2,015	85	2	—	347
Spinach (菠菜)	48	384,679	6,155	769	6,155	55,009
Sweet potatoes (白薯)	46	1,093,610	14,654	1,094	177,165	773,183
Taro (芋頭)	1	366	6	(3)	43	199
Yam (山藥)	1	805	18	1	158	707
Turnips (蘿蔔)	42	61,964	1,053	12	1,797	11,587
Carrots (胡蘿蔔)	19	25,230	313	35	2,447	11,354
Green bean sprouts (綠豆芽)	24	92,474	2,959	92	3,606	26,817
Yellow bean sprouts (黃豆芽)... ...	47	164,169	14,939	2,627	9,029	119,022
Light green beans, sprouted (青豆瓣)	14	4,621	531	162	282	4,713
Bean-curd (豆腐)	48	153,824	12,921	4,615	2,154	101,678
Bean-curd, green, fresh (嫩豆腐) ...	12	10,513	946	45	347	5,572
Bean-curd, preserved (臭豆腐) ...	1	23	2	1	(3)	15
Bean-curd, smoked (豆腐乾)	11	2,009	420	191	137	3,940
Bean-curd, smoked, thin (豆腐絲)...	1	79	16	7	5	155
Vermicelli, dried (乾粉絲)	24	7,086	43	5	5,761	23,269
Vermicelli, fresh (水粉)	17	653	—	—	66	268
Bean-curd, green, dried (腐竹) ...	8	2,943	615	280	200	5,772
Celery (芹菜)	2	1,024	13	1	8	95

146

APPENDIX III.—*(Continued)*

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Coriander[2] (香菜)	33	2,842	—	—	+	—
Salted cabbage, dried (冬菜)	1	17	(3)	(3)	(3)	2
Onions (葱)	48	136,698	2,187	410	13,533	66,982
Garlics (蒜)	44	5,988	78	12	563	2,641
Allium adorum (薤菜)	44	40,595	852	162	1,340	10,230
Flowers of allium adorum (薤菜花)	18	1,441	33	1	—	146
Peppers, green[2] (辣椒)	28	1,176	—	—	—	—
Green pepper paste[2] (辣椒糊) ...	3	546	—	—	—	—
Lily flowers, dried (黃花)	6	107	14	2	63	325
Fungi (木耳)	4	23	3	(3)	14	70
Mushrooms (蘑菇)	2	28	11	(3)	—	47
Seaweeds, long (海帶)	9	1,694	66	2	456	2,101
Condiments (調和類)	48	696,560	35,068	155,146	30,731	1,661,988
Sesamum oil (香油)	48	119,426	—	119,426	—	1,074,835
Mutton fat (羊油)	39	5,735	—	5,735	—	51,614
Lard (猪油)	28	8,121	—	8,121	—	73,091
Salt[2] (鹽)	48	284,822	—	—	—	—
Soy paste (黃醬)	48	174,851	33,047	17,660	2,623	301,443
Sesamum paste (芝麻醬)	44	7,412	1,490	3,928	1,097	45,695
Soy sauce (醬油)	32	13,473	323	—	—	1,293
Shrimp sauce[2] (蝦油)	1	321	—	—	—	—

5: Tao 2-5 (1926-1927) 1928 AF12 North China AF12

APPENDIX III.—*(Continued)*

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Vinegar[2] (醋)	48	52,008	—	—	—	—
Sugar, white (白糖)...	12	3,568	—	—	—	—
Sugar, brown (黑糖)	39	22,681	—	—	2,954	12,096
Pepper, black, ground[2] (胡椒麪) ...	13	68	—	—	21,547	88,228
Pepper, red[2] (花椒)	41	484	—	—	—	—
Aniseed star[2] (大料)	12	101	—	—	—	—
Ginger (薑)	37	3,202	208	275	2,434	13,386
Mustard[2] (芥末)	6	152	—	—	—	—
Bean starch (團粉)	3	135	—	—	76	306
Meats etc. (肉類)...	48	172,544	30,872	47,866	197	571,413
Mutton (羊肉)	48	74,622	11,641	23,058	—	262,668
Sheep's liver (羊肝)	3	231	53	21	12	461
Sausage (羊灌腸)	1	805	121	24	1	703
Melange, mutton (羊雜碎)	1	141	23	6	1	145
Pork (豬肉)	29	35,687	3,355	22,019	—	218,048
Beef (牛肉)	37	34,162	6,559	1,947	—	43,796
Ox tongue (牛舌)	3	732	138	67	—	1,193
Melange, beef (牛雜碎)	4	5,425	770	271	22	5,642
Fish (魚)	1	2,020	378	26	22	1,798
Fresh-water snails (螄)	1	388	16	1	—	71
Shrimps (蝦米)	47	16,299	7,546	212	140	33,657
Eggs (雞蛋)	7	2,032	272	213	—	3,230

146

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

APPENDIX III.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Refreshments etc. (閒食)	47	1,157,084	32,672	18,854	48,508	492,018
Fruits (水果)...	31	26,492	190	71	3,242	14,457
Persimmons (柿子)	26	13,586	82	14	1,223	5,335
Pears (梨)	4	1,812	9	7	239	1,033
Oranges (橘子)	2	1,075	6	1	91	398
Apples (蘋果)	2	276	1	1	30	135
Cherry-apples (海棠果)	12	2,646	3	3	356	1,156
Lily roots (藕)	1	158	3	(2)	15	73
Haw fruits (山查果)	6	4,053	29	10	—	183
Haw fruits, preserved in sugar (蜜餞紅果)	1	34	(2)	(2)	—	1
Dates (棗)	6	1,058	21	30	830	3,767
Black dates (黑棗)	2	523	32	4	305	1,384
Persimmons, dried (柿餅)	1	96	2	(2)	31	150
Plums (酸梅)	1	17	—	—	5	20
Apricot, dried (杏乾)	1	208	6	1	123	522
Others (其他)	47	1,130,592	32,482	18,783	45,266	477,561
Doughnuts (油條)	16	2,780	128	1,401	831	16,448
Dumplings, wheaten, steamed (包子)	12	8,346	693	1,335	3,172	27,543
Dumplings, wheaten, boiled (餃子)	2	670	29	137	129	1,869
Bread, steamed, filled with sugar (糖三角)	3	377	23	2	238	1,061
Cakes, green bean (綠豆糕)	1	141	21	1	100	492

APPENDIX III.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 48 Working Families[1] in 6 Months, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Cakes, glutinous rice (粘米糕) ...	8	10,282	545	123	5,964	27,145
Sponge cakes (雞蛋糕)	1	34	4	1	19	102
Bean soup (豆汁)	38	1,055,689	23,225	4,223	16,891	197,414
Bean whey (豆漿)	1	214	8	3	4	71
Almond soup (杏仁茶)	2	439	6	6	38	233
Beef suet (油茶)	1	794	543	322	357	4,542
Lily root flour (藕粉)	7	445	3	2	389	1,591
Dumplings, rice flour (元宵)	8	3,202	168	6	2,315	9,982
Moon cakes (月餅)	3	3,669	213	936	2,128	17,797
Kang-lu, (cake) (紅鱸)	2	1,401	98	182	813	5,283
Honey-cakes (蜜供)...	3	3,574	307	27	2,005	9,492
Cakes, sundry (大八件)	2	2,381	136	607	1,381	11,522
Mixed nuts (雜拌)	4	1,587	362	453	405	7,149
Peanuts (花生)	43	29,215	5,697	8,502	5,405	120,950
Melon seeds (瓜子)	2	62	7	10	1	126
Walnuts (核桃)	1	585	108	377	76	4,261
Chestnuts (栗子)	9	2,786	145	125	986	5,795
Broad beans (蠶豆)	1	73	13	1	43	231
Candies (糖果)	10	1,576	—	—	1,576	6,461

The figures for protein, etc. in this table were calculated according to the data on food value kindly supplied by Prof. Hsien Wu of Peking Union Medical College.

[1] That is, by 131.77 adult equivalents in 181 days.

[2] Negligible, according to Prof. Hsien Wu.

[3] Less than 0.5 gram.

146.

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

APPENDIX V.

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
ALL CLASSES	12	1,601,712	107,508	60,222	629,010	3,495,776
Cereals etc. (米麵類)	12	792,586	80,083	15,999	586,596	2,809,949
Rice (白米)	12	299,938	22,074	460	183,031	824,558
Rice, broken (碎白米)	2	9,005	711	36	7,375	33,409
Millet (小米)	6	46,296	4,472	1,523	34,768	170,554
Rice, yellow (黃米)	1	1,126	109	11	866	3,995
Kaoliang (高粱)	1	563	76	21	397	2,076
Rice, glutinous (粳米)	1	568	44	1	442	1,955
Beans, yellow (黃豆)	1	563	221	98	143	2,337
Beans, green (綠豆)	1	788	176	9	511	2,823
Beans, red (紅豇豆)	3	1,311	296	281	766	4,503
Corn flour (玉米麵)	9	166,673	15,001	7,167	120,838	608,356
Millet flour (小米麵)	7	40,522	3,914	1,337	30,432	149,283
Wheat flour, machine milled (機器白麵)	12	242,539	27,649	2,425	181,419	858,588
Buckwheat flour (蕎麥麵)	3	5,628	490	90	4,289	19,923
Yellow rice flour (黃米麵)	1	281	27	3	216	997
Noodle, bean (粉麵)	4	3,332	673	53	1,493	9,146
Noodle, dried (掛麵)	2	1,081	121	14	748	3,607

875 146

875.146

5: Tao E-5 (1926-1927) 1928 AF12 North China AF12

APPENDIX V.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Bread, steamed (饅頭)	3	895	71	6	465	2,202
Cakes, wheaten (烙餅)	1	1,688	128	28	841	4,129
Cakes, wheaten, with sesamum (燒餅)	11	38,225	3,746	2,408	16,819	103,972
Bread (麵包)	3	1,565	84	28	737	3,536
Vegetables etc. (菜蔬類)	12	595,189	11,714	1,625	22,438	152,878
Chinese cabbage (白菜)	12	348,024	4,211	209	6,612	46,287
Sauerkraut (酸菜)	10	46,572	792	233	1,770	13,040
Turnips, salted (醃蘿蔔)	11	18,916	794	8	—	3,254
Ke-te, salted (醃水咯噔)	1	5,065	111	4	—	478
Peppers, green, salted[2] (醃辣椒) ...	1	68	—	—	—	—
Vegetables preserved in shrimp sauce (醃蝦菜)	1	113	4	(3)	4	35
Hsueh-li-hung (vegetable)(雪裏紅)	3	6,658	153	7	240	1,664
Spinach (菠菜)	7	4,221	68	8	68	604
Sweet potatoes (生白薯)	10	40,336	541	40	6,534	28,518
Yam (山藥)	2	1,064	23	1	209	935
Turnips (蘿蔔)	11	27,932	475	6	810	5,223
Carrots (胡蘿蔔)	3	9,427	117	13	914	4,242

APPENDIX V.—*(Continued)*

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Green bean sprouts (綠豆芽)	9	23,716	759	24	925	6,878
Peas (豌豆)	1	113	28	1	65	379
Kidney beans (扁豆)	1	2,026	43	6	103	648
Broad beans, fresh (生蠶豆)	1	1,002	118	7	196	1,322
Bean-curd (豆腐)	10	21,009	1,765	630	294	13,887
Bean-curd, green, fresh (麻豆腐)...	3	3,855	347	17	127	2,043
Bean-curd, preserved (臭豆腐) ...	2	388	33	12	5	256
Bean-curd, smoked (豆腐乾)	7	1,103	231	105	75	2,163
Bean-curd, smoked, thin (豆腐絲)...	2	304	64	29	21	596
Vermicelli, dried (乾粉絲)	5	1,683	10	1	1,368	5,527
Vermicelli, fresh (水粉)	4	670	—	—	68	275
Bean-curd, lamina (千張)	1	73	15	5	3	121
Bean, lamina (粉皮)	1	73	(3)	(3)	64	259
Bean-curd, cheese (醬豆腐)	1	118	17	7	6	152
Bean-curd, green, dried (餑餑) ...	3	2,060	428	195	139	4,020
Wheaten starch (麵筋)	4	355	79	1	5	344
Celery (芹菜)	3	1,801	23	2	14	167
Coriander[2] (香菜)	8	1,075	—	—	—	—
Salted cabbage, dried (冬菜)... ...	3	129	2	(3)	2	17
Kete roots, fresh (非菜頭)	1	7,502	90	—	195	1,125
Kaoliang shoots (高粱仮)	1	281	12	(3)	65	307
Sea moss (紫菜)...	1	6	2	(3)	3	17

875 146

APPENDIX V.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Yu-tsai (vegetable) (油菜)	4	2,533	33	3	53	380
Onions (葱)	12	11,470	184	34	1,136	5,620
Garlics (蒜)	10	889	12	2	84	392
Allium adorum (韭菜)	8	1,880	39	8	62	474
Peppers, green[2] (辣椒)	5	158	—	—	—	—
Lily flowers, dried (黃花)	7	281	36	5	166	853
Fungi (木耳)	1	11	1	(3)	7	34
Mushrooms (蘑菇)	3	135	51	2	—	223
Seaweeds, long (海帶)	1	96	4	(3)	26	119
Condiments (調和類)	12	77,582	3,841		4,636	213,916
Sesamum oil (香油)	12	12,256	—	12,258	—	110,322
Lard (猪油)	11	4,722	—	4,722	—	42,498
Mutton fat (羊油)	2	844	—	844	—	7,596
Salt[2] (鹽)	12	17,846	—	—	—	—
Soy paste (黃醬)	12	18,432	3,484	1,862	276	31,777
Sesamum paste (芝蔴醬)	6	388	78	206	57	2,392
Soy sauce (醬油)	12	9,022	217	—	—	866
Vinegar[2] (醋)	12	6,690	—	—	—	—
Sugar, white (白糖)	10	3,174	—	—	2,628	10,760

APPENDIX V.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Sugar, brown (黑糖)	1	512	—	—	486	1,992
Pepper, black, ground[2] (胡椒粉) ...	2	11	—	—	—	—
Pepper, red[2] (花椒)	8	107	—	—	—	—
Aniseed star[2] (大料)...	3	11	—	—	—	—
Ginger (薑)	9	726	47	62	552	3,035
Mustard[2] (芥末)...	2	56	—	—	—	—
Bean starch (團粉)	5	1,069	—	—	605	2,421
Anise[2] (茴香)	3	1,520	—	—	—	—
Black pepper[2] (胡椒)	2	11	—	—	—	—
Shrimp sauce (蝦醬)...	1	45	3	(3)	2	23
Cassia flower, sugar preserved (桂花)	1	17	(3)	(3)	4	19
Beans, salted (豆豉)	1	62	12	4	15	143
Rice wine (料酒)	1	68	—	—	11	72
Meats etc. (肉類)	12	51,164	8,113	16,899	52	190,155
Mutton (羊肉)	11	26,373	4,114	8,149	—	92,833
Mutton, boiled (熟羊肉)	1	101	26	23	—	309
Pork (猪肉)	12	12,725	1,196	7,851	—	77,750
Pork, boiled (熟猪肉)	7	2,307	466	480	—	6,184
Beef (牛肉)	6	3,973	763	226	—	5,093

8775
146

875
146

APPENDIX V.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carbohydrates (*grams*)	
Fish (魚)	4	1,306	244	17	14	1,162
Shrimps (蝦米)	10	1,733	802	33	15	3,579
Crabs (螃蟹)	1	563	247	1	—	996
Eggs (雞蛋)	6	591	79	62	—	940
Eggs, duck's (鴨蛋)	1	107	14	12	2	169
Milk (牛奶)	1	383	13	15	19	264
Intestines, sheep's (羊腸)	1	1,002	150	30	1	876
Refreshments etc. (間食)	12	85,191	3,757	5,741	15,288	128,878
Fruits (水菜)	12	23,277	169	64	3,110	13,769
Persimmons (柿子)	11	13,704	82	14	1,233	5,382
Pears (梨)	5	4,356	22	17	553	2,483
Apples (蘋果)	4	535	2	2	59	262
Cherry-apples (海棠)	4	1,846	2	2	244	997
Haw fruits (山裏紅)	2	281	1	1	—	10
Dates (棗)	3	670	13	19	525	2,385
Black dates (黑棗)	2	484	30	4	282	1,280
Lotus seeds (蓮子)	1	39	6	1	28	145
Grapes (葡萄)	1	73	(3)	—	7	26

5: Tao E-5 (1926-1927) 1923 AF12 North China AF12

APPENDIX V.—(*Continued*)

Total Quantity and Fuel Value of Food Consumed by 12 Families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (*calories*)
		Total (*grams*)	Protein (*grams*)	Fats (*grams*)	Carboyhdrates (*grams*)	
Bananas (香蕉)	2	1,007	8	4	138	625
Water chestnut (馬蹄)	1	281	3	—	41	174
Others (其他)	11	61,914	3,588	5,677	12,178	115,109
Doughnuts (油條)	9	2,865	132	1,444	857	16,949
Doughnuts, sugar-coated (蜜麻花)	1	51	3	10	33	239
Honey-cakes (蜜供)	1	62	5	(3)	35	165
Glutinous rice cake (年糕)	1	34	1	7	23	158
Green bean-curd, fried (炸綠腐) ...	1	23	3	3	8	72
Tsa-pai-tsa (doughnut) (炸排叉) ...	2	878	83	226	468	4,232
Meat dumpling, fried (炸三角) ...	1	388	19	39	178	1,138
Dumplings, wheaten, steamed (包子)	2	186	15	30	71	614
Beef suet (油茶)	2	180	12	73	81	1,030
Rice flour cake (糕糕)	1	152	9	1	96	429
Steamed bread (蒸餅)	1	270	21	2	140	664
Sa-chi-ma (pastry) (薩其馬)	1	1,610	113	280	934	6,712
Bean soup (豆汁)	2	25,726	566	103	412	4,811
Bean whey (豆漿)	2	1,829	68	22	37	611
Almond soup (杏仁茶)	3	3,039	43	43	264	1,611
Lily root flour (藕粉)	3	236	2	1	207	845
Candies (糖果)	3	1,339	—	—	1,339	5,492

875
146

5:Tao E-5 (1926-1927) 1928 AF12 North China AF12
APPENDIX V

APPENDIX V.—(Continued)

Total Quantity and Fuel Value of Food Consumed by 121 families[1] of Elementary School Teachers in One Month, by Classes and Articles of Food.

Classes and articles of food	Number of families purchasing	Quantity				Fuel value (calories)
		Total (grams)	Protein (grams)	Fats (grams)	Carbohydrates (grams)	
Jam (果子)	1	191	1	—	52	618
Dumplings, rice flour (元宵)	2	608	32	1	440	1,895
Peanuts (花生)	12	9,776	1,916	2 845	1,809	40,473
Melon seeds (瓜子)	2	51	6	8	1	104
Chestnuts (栗子)	9	7,902	411	356	2,797	16,436
Fruit candy (糖葫蘆)	4	889	4	1	384	1,556
Boiled sweet potatoes (糖白薯)	1	3,343	109	70	1,407	6,653
Dates, dried (蜜棗)	1	113	1	[2]	82	335
Walnuts (核桃)	1	174	32	112	23	1,267

The figures for protein, etc. in this table were calculated according to the data on food value kindly supplied by Prof. Hsien Wu of Peking Union Medical College.

[1] That is, by 42.49 adult equivalents in 30 days.

[2] Negligible, according to Prof. Hsien Wu.

[3] Less than 0.5 gram

3: Lin E-5 (1927)1928 AF12 North China AF12

The average annual expense for food was $78.09. After subtracting the average expense of two dollars for refreshments, the average expense for meals was then $76.09 or about $0.20 per day. Ordinarily a worker spends from $0.18 to $0.20 a day for meals, but in the case of night work or after serious exertion, an additional expense of 2 to 6 cents per day is needed.

As the diet of the workers is more or less standardized, it may, perhaps, be interesting to calculate the number of calories the worker usually consumes. The following three diets are commonly taken by the workers: [1]

1. Diet of an ordinary worker.

3 pieces of wheat bread (*manto*)	1270.92	Calories
3 pieces of corn bread	2042.82	„
Millet porridge (3 bowls)	120.00	„
Doughtnuts (3 pieces)	150.00	„
	3583.74	Calories

2. Diet of the worker of light or skilled work.

6 pieces of wheat bread	2541.84	Calories
Millet porridge (3 bowls)	120.00	„
Vegetables	200.00	„
Doughnuts	50.00	„
	2911.84	Calories

3. Diet of the worker of robust type.

6 pieces of corn bread	4085.64	Calories
Noodles (5 Chinese ounces)	623.00	„
Vegetables	300.00	„
	5008.60	Calories

It will be seen that the number of calories the resident worker consumes is from 2,900 to 5,000. The average number of calories yielded by the diet of the workers is about 3,500.

Clothing was the second important item of expenses. This item for all groups was $18.93 a year or 15.2 per cent of their total annual expenses. It varied from $17.87 to $25.93 a year.

[1] The number of calories contained in the wheat and millet bread calculated according to the estimate of Dr. Hsien Wu, Professor of Bio-Chemistry in the Peking Union Medical College, is as follows:—

	Wheat bread	Corn bread
Weight per piece (average weight for the whole year)	3.4 ounces (Chinese)	5.3 Ounces (Chinese)
No. of calories per piece	423.64 caloaies	680.94 calories.